Prevention of Cardiovascular Disease and Diabetes on Vance AFB

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Goal

- Take Preventive Measures to Decrease Risks Factors for Developing Diabetes, or Cardiovascular Disease, in Individuals Diagnosed With:
  - Hypertension
  - Hyperlipidemia
  - Obesity

Rationale

- Data provided by Health Care Integrator
  - 9.5% of base population, over 40, are diagnosed with one or more of the following conditions:
    - Hypertension
    - Hyperlipidemia
    - Obesity
  - 2.6% of base population have DM

Rationale Continued

- U.S.P.T.S (Clinical Preventive Services)
  - Recommends lowering risk factors
    - high blood pressure
    - lipid levels
  - Decreases risk of developing DM and CVD

Objectives

- 23 July 2004, establish contact with 80%, or more, of target audience:
  - Individuals $\geq$ 40
  - Hypertension
  - Hyperlipidemia
  - Obesity
  - Not diagnosed with Diabetes
- Offer education classes
  - Decrease risk for developing DM or CVD

Programs & Activities

- Classes offered include importance of
  - Fitness Activity
  - Healthy Nutrition
  - Behavior Modification
- Develop a tool to determine if risk factors have been lowered

Another Objective

- 23 Jan 2005 review labs to determine their progress
- Did they lower their risk factors?
  - Hypertension
  - Cholesterol
  - Obesity

Programs & Activities just one more

- If client demonstrates progress
  - Continue practicing healthy lifestyle modifications
  - Follow up in 1 year
- If client's risk factors increase
  - Offer further education on preventive medicine

Who Wants to Party? Errrr listen to more lectures

- No I mean I have really enjoyed this class
- I have learned an immense amount
- I am very upset that the class is over
- Pre/After Party in room 217
- **So, what you mean to say is……..**